

*RSU 9*

*6-8*

*Body composition, muscular strength, and flexibility*

*Physical Fitness Activities and Knowledge*

*Fitness Activity*

*Rhiannan Jackson*

*•vocabulary: body composition, flexibility, muscular strength, blood pressure, fitness, conditioning, diet, cardiovascular, diet, calories  
•key factual information: Certain foods boost your metabolism, muscle weighs more than fat, calories contribute to weight gain when consuming more than you use  
•sequence and timelines: Meals, exercise, stretching, water, sleep, training schedule*

*•describe a healthy lifestyle  
•make sense of body composition, flexibility, and muscular strength  
•design meal and fitness plans over a weeks period  
•compare body composition and muscular strength  
•consider cardiovascular training techniques  
•recognize different cardiovascular training techniques*

***Standard:****H3 Fitness Activity****Grade Level Span:****Grade 6-8  
Students participate in physical activities that address personal fitness goals for the health-related fitness components*

***Maine Learning Results******Content Area:****Health Education and Physical Education****Standard Label:****H. Physical Fitness Activities and Knowledge*

*•Why is fitness important in overall health?  
•How do body composition, flexibility, and muscular strength work together?  
•How is cardiovascular training important to fitness and how does it vary?*

*•fitness is important in overall health  
•body composition, flexibility, and muscular strength work together in fitness  
•there are various cardiovascular training techniques*

***By what criteria will student products/performances be evaluated?***